

SANTA CRUZ COUNTY, ARIZONA

ANNUAL REPORT

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HOME DEMONSTRATION AGENT

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OUTLOOK

Extension Service club work is on a growing basis in Santa Cruz County. Homemakers came together and selected projects for 1954. The ranch women in the Santa Cruz Valley did not participate in extension service activities except when they needed help with certain problems. Mrs. Ed Clark states that homemakers in the upper part of the valley consider it too far to the lower part and vice-versa. However, Mrs. Clark feels that there has been some renewal of interest for organized work.

There are numerous organized civic or religious groups in the county. The "Cowbelles", a club organized among "real" ranch women, is a county-wide organization. Only bonafide cattle ranchers wives may belong to it. Patagonia has a garden club, Woman's Club and several church groups. There is no P.T.A. there. The Elgin-Sonoita area has a women's club and a sewing club. The women's club has a luncheon once a month. Social activities with a flavor of community service are the main objectives of these clubs. The Arizona Children's Home, Tucson is the recipient of their generous contributions and help.

	<u>Adult</u>	<u>4-H Club</u>
January	Drapery making	4-H Club Junior Leaders training meeting 2nd year foods - leader's training meeting 3rd year foods - leader's training meeting
February	Electricity	Leader's training meeting clothing judging Leader's training meeting foods judging 4-H Club Council
March	Egg and Cheese Cookery	National 4-H Club Week Leader's training meeting demonstrations 4-H Club Council

Outlook (continued)

	<u>Adult</u>	<u>4-H Club</u>
April	Optional	4-H and County Fair
May	Protecting the heart	Achievement days
June	Achievement program	Roundup
	Country Life Conference	
July	Vacation time	Vacation time
		4-H Club Council
August	Vacation time	4-H Club Camp
		Leader's Training Conference
		4-H Club Council
September	Care of new fabrics	Fall enrollment
October	Cooking poultry	Fall Council meeting
		Leader's training meeting Clothing
November	Mending	Leader's training meeting Foods
		State Fair
December	Community service	Community service

ORGANIZATION AND PLANNING

Santa Cruz County shares a home demonstration agent with Pima County. The same projects are carried in the two counties with few exceptions. Great distances, no telephones and irregular mail service are a handicap.

Mrs. Robert Haverty, a local 4-H leader and member of the homemakers club in Patagonia, made contacts among homemakers in and near Patagonia. She explained to them the projects we had the past year. Homemakers learned how extension service can help them with problems of homemaking.

Seventeen women came together to discuss and plan projects for the two fall months and for 1954. This was a step forward because definite action was taken by homemakers to further the extension program.

One-half of the county was represented.

CLOTHING AND TEXTILES

Clothing projects were not part of the major projects during 1953. Homemakers needed help in certain phases of sewing. They wanted help with putting in sleeves properly, how to place and sew in a gusset, how to make a kick pleat that is easy to iron or press and making proper hems. It seems that some of these problems are perennial. Ten homemakers attended the meeting but more than 24 others were helped through personal contacts.

At the demonstration, each person made models of the different techniques. Members of this group are 4-H Club mothers and information given contributes to the 4-H Club program.

How to put in a gusset is important because so many models or styles of dresses do not have set-in sleeves. This type of sleeve is not always comfortable and needs some room under the arm.

Hems were reviewed. Different fabrics require different styles of hems. During clothing projects homemakers usually learn how to take care of hems in their own respective dress. By making models with various types of fabrics, their knowledge or background experience is enlarged.

The kick pleat where the finished hem is sewed into the skirt seam is superior to the type where the seam is made first, pressed open and hemmed.

Seventeen homemakers have made on an average of 7 dresses each for adults and 6 garments each for children. Five homemakers made mens shirts. Thirty shirts were made. Three tailored suits were made. Aprons and pajamas were also on the list of accomplishments. The continued bias tape used extensively by these homemakers is still a favorite. It is used extensively because it matches the quality of the garment being made and because homemakers are far away from the source of supply of the commercially made. It has become standard practice for homemakers and 4-H Club girls.

Summary

Dresses made	149
Suits (one made over entirely)	3
Children's garments	102
Shirts	30

CLOTHING AND TEXTILES (continued)

Ten homemakers helped 34 others with better sewing techniques. Evidence of better clothing construction is seen in the general appearance of homemakers clothes in fit, better sleeves, better made belts, collars and nicer looking hems.

HOME MANAGEMENT

Care of Blankets

Learning how to care for new blankets and how to rescue old blankets was a project popular with homemakers in the Santa Cruz Valley as well as in the Patagonia area. After learning how it was done homemakers extended this project because of their pleasure in knowing how to care for their wool blankets.

Mrs. LaVina Miller and her husband manage and care for the P M Ranch. One of her duties is to see that the furnishings in the main ranch house are well cared for. She has 8 beds to care for which means that there are from 16 to 24 blankets to launder and store. This particular project was valuable to her. Mrs. Miller has held two other meetings where beighboring ranch women have washed their blankets. She has obtained from the county office and sent to her friends and relatives copies of the directions for washing blankets.

Homemakers on cotton farms have made use of good results in the blanket project. Young Mrs. Edjul Allen, who attended one of the demonstrations, helped her mother-in-law with blankets. These blankets are used by the migrant cotton pickers and are difficult to clean. The Allens have found the method most satisfactory. The agent does not know how many blankets are involved in this case. The figures below do not include this situation.

This story can be repeated in other ranch homes. Mrs. Blake Carrington and her helper, Minnie, have helped neighbors with the same project. Mrs. Albert Gatlin and Mrs. Carl Peterson have each helped more than 7 other ranch women with similar results.

Care of blankets has been the most important home management project in the county. Results of this project can be seen by stating that 17 homemakers have helped on the average of 3 others making a total of 51 women helped. The number of blankets washed is estimated at 4 each making a total of 272 blankets.

HOME FURNISHINGS

Upholstering

The swiftest method of learning how to upholster furniture is to make a footstool with springs. Fifteen homemakers in Patagonia and on the Nogales Highway tried that method. The project started out with a demonstration showing how to put together 4 8" boards representing the frame work for the stool. Next the springs were put in; some on webbing and some on wool. Springs were tied and covered with burlap. The whole thing was padded with upholstering cotton batting according to instructions found in the University of Arizona Agricultural Extension Service Circular #136 by Miss Grace Ryan and Reupholstering a Chair at Home by Mystil M. Carter Circular #157. Each of the homemakers made stools, some more than one.

After the padding came the muslin cover and fabric covering. The important steps in covering were getting the corners shaped and the muslin cover fastened. The fabric cover involved a proper break which included a cord and finishing the stool underneath and putting on proper legs, feet or glides.

These homemakers have taken to upholstering with real enthusiasm. Eight homemakers have made footstools. Some are Christmas gifts for grand children, husbands and in-laws. Mrs. Robert Haverty, Mrs. Blake Carrington and Minnie Ortega, Mr. and Mrs. Carl Peterson and Mr. and Mrs. Burton reupholstered and covered chairs. Upholstering once started in a county finds no bounds but grows and becomes a permanent project as it is needed.

FOOD PRESERVATION

Freezing Food

The home freezer and how to get the most good out of it was the subject of a demonstration held in Patagonia.

Their problems were how to store prepared foods for holidays, what to store otherwise, how to prepare and package the food and how to thaw them at serving time.

As most people know there are various ways of preparing and packaging frozen foods. There are many foods that can be prepared; some that those with newly acquired freezers are not aware of. To stimulate the imagination and to show that there are various methods and packaging materials used in preparing cooked or uncooked foods, the agent had on hand many foods from a home freezer. These were brought from Tucson, 65 miles away, packed in dry ice.

The market offers so many different packaging materials. The demonstration was set up to show how the same food can be stored in several ways. To illustrate - strawberries, either with or without sugar, stored in either proper paper containers or proper glass jars. Prepared foods like chicken-noodle casserole stored as a "brick" of food wrapped in freezer paper or cellophane or plastic bags. Meat shown wrapped in cellophane and stockinette, heavy paper wrap or heavy foil.

Time was allowed for packaging beef. More than 30 pounds of steaks, roasts and chopped meat were wrapped by those who wanted to participate in the workshop that followed the demonstration. Individual problems were considered in the question and answer period.

The 18 homemakers who attended the meeting have been ambassadors for good freezing principles and practices since then. They have extended the program to their relatives and neighbors. One young homemaker defended the fine flavor of the beef stored in her freezer in comparison to off-flavor beef in her sister's freezer by claiming that the nearly air-tight packaging with good materials made the difference. The little family difference could not be settled by argumentation. When Minnie was asked how she convinced her sister, she replied that she prepared a roast and kept the wrapper with witnesses. When the members of the sisters family ate the roast thinking it to be fresh meat (unfrozen) they were told otherwise. Minnie Ortega said, "Miss Barley, some people you just have to show them".

FOOD PRESERVATION (continued)

Freezing Food (continued)

Mrs. Blake Carrington and Minnie Ortega work together in preparing food for their freezer. The ranch is about 25 miles from Nogales and 50 miles from Tucson. In their freezer can be found tempting delicacies. This particular freezer sometimes is used to store food for a large chuck wagon dinner for a 4-H Club judging rally or 2 or 3 hundred sandwiches or cookies for a square dance held in the local community hall. Mrs. Carrington's motto is "there need not be last minute rushing where there is a 12 foot freezer in the home."

There is never a time when freezing is not the subject of conversation during the lunch hour at a homemakers meeting. Ranch women store homemade bread and rolls, cakes, pies, tamales, cream, butter, cooked and uncooked beef, soup stock in great quantities, game, poultry and many other foods characteristic of moderate and high income groups. It is hard to estimate the quantity of foods frozen because of the demonstration. Homemakers store it without thought of having to report the quantities to an agent. It has become a way of life with them. It is safe to say that more than 25 freezers serve that number of families in the Patagonia area. These freezers are used to store food the year around for their respective owners. A good turn over is enjoyed.

FOOD SELECTION AND PREPARATION

Pressure Sauce Pans

Homemakers in Santa Cruz County requested help in food preparation. They concentrated on the project for three months and considered using the pressure sauce pan, meat cookery and learning how to make yeast bread.

The pressure sauce pan is important to ranch women. They want to know how to prepare food in a hurry and have it well prepared. Some of these women own more than one pan.

The demonstration was set up to learn more about the pressure sauce pan and how to care for it. Twelve homemakers brought 14 pans to the meeting. The main factors discussed and explained were:

Gasket	to be kept clean and free of grease. turned over when necessary. new one if old one damaged.
Gauge	care of gauge, kept clean. turn over on side when taken off of cooker to allow steam to evaporate- less deterioration.
Safety valve	understand its function. no bolted substitution for it. to be kept clean.
Pan itself	to be kept clean. store uncovered or with lid un- fastened.
Temperature	only to keep gauge at point desired. There are signals or indicators to inform the user.
Safety cautions	do not fill too full. do not water cool thick dense foods such as Spanish rice. do not remove gauge before indicator shows zero. do not place gauge on lid until all air has been eliminated.

FOOD SELECTION AND PREPARATION (continued)

Pressure Sauce Pans (continued)

To illustrate all these points there was a demonstration workshop. The recipes are included here.

Homemakers really changed methods and practices and some learned new methods of cooking during this demonstration. There were some women present with a fear of using the pressure pan because of unpleasant experiences. Most of these women re-learned how to use the pan after learning why and how certain things happen. There were homemakers who purchased pressure pans following the meeting. Cooking beans in one hours time or less could have been one reason in this chili and beans ranch country.

The custard was popular because of the time element and because there is no oven situation involved.

As reported by homemakers they have changed their method of cooking beans, custard, vegetables and appreciate their cookers more.

The 12 women present have each reached 4 others by demonstrating any one of the foods represented or by sending the mimeographed material to others.

COOPERATIVE EXTENSION WORK
IN
AGRICULTURE AND HOME ECONOMICS
State of Arizona
106 North Court Street
Tucson

University of Arizona
College of Agriculture
U. S. Department of Agriculture
And Pima County Cooperating

Agricultural Extension Service
Home Demonstration Work
County Agent Work

January, 1953

COOK WITH A PRESSURE SAUCE PAN

A PRESSURE SAUCE PAN saves time. Food cooked in one is appetizing. The short cooking time helps to save valuable vitamins and minerals for us. There are some disadvantages. Pressure sauce pans are costly. Vegetables over cook without careful timing. It is dangerous unless you know how to use it.

Any of these limitations can be overcome by learning to use the cooker according to directions. Try to become so familiar with it that its use becomes automatic to you. Use the cooker as much as possible. It must earn its way in your kitchen to your satisfaction. Use a timer in cooking vegetables to avoid over cooking. Some cook in 1 minute. Two minutes cooking time could make them unpalatable.

Definition of pressure cooking: Pressure cooking is a method by which foods are cooked by super-heated live steam at a temperature much higher than boiling water.

What goes on in a pressure cooker at 15# pressure? The heat is 250°F. This high heat plus the pressure generated in the sauce pan actually drives the heat into and through the food. Because this is true, the food cooks twice as fast as with ordinary methods. At 10# pressure the temperature is 240°F. and at 5# the temperature is 228°F. Boiling at sea level requires 212°F.

How does a pressure pan help you:

1. It conserves food values because of short cooking time.
2. Avoids waste by decreasing shrinking. This is true of meats.
3. Saves cooking hours.
4. Preserves natural flavors.
5. Produces appetizing foods.

To get the most good out of your pressure pan:

1. Use it for less tender cuts of meat to which root vegetables can be added.
2. Use it at high altitudes to reduce cooking time.
3. Use it when you are in a hurry because you have come home too late.
4. Keep it clean, scour it after using it 3 or 4 times.
5. Protect the sealing surface of the lid. Wash and dry the lid as soon as it is removed from the cooker.
6. Keep the gasket clean. It is removable and can be washed, dried and replaced with ease.
7. Some models have a fusible plug which melts in case the cooker becomes over-heated, is over-loaded or has no water inside. Local hardware stores carry them.
8. Read carefully directions given in the cook book which comes with your cooker. If you have lost it, write for a new one. Do so anyway, in case there are new things to learn about pressure cooking.
9. Learn that the exact time varies with the size of pieces, ripeness of the product, combination of foods and the way the cooker is used. Read carefully time and pressure directions and throw in some "common sense".

How to get best results:

1. Prepare food according to directions and place in cooker.
2. If directions call for the use of the rack, use it.
3. Never fill the pan over $\frac{2}{3}$ full of thick solid foods such as rice, beans, soup, etc.
4. Add the amount of liquid called for. $\frac{1}{4}$ cup for foods to be cooked for less than 10 minutes.
5. Lock the cover and place over high heat. Bring up heat quickly but reduce it when desired pressure is reached.
6. Allow air to escape from the cooker. It takes about one minute after the steam spurts out. Always check with directions. Learn to do this automatically.
7. Put on pressure control. Allow the heat to reach the cooking point. Try to maintain this pressure during the cooking time.

8. At the end of the cooking time cool according to foods being cooked.
 1. Remove from fire, put on a cool surface and allow to cool. (Custards, puddings, soup, chili, rice)
 2. Run tap water over pan or set pan in cold water. (vegetables, beef stew, apple sauce)
9. Never try to remove the lid until the pressure has dropped to zero and until the indicator weight has been removed. Check directions in your book.
10. Remove foods at once. If two or more vegetables are cooked at one time, flavors will begin to inter-mix after the lid is removed and the food starts to cool.

Lets take a look at some time saving recipes.

T -- Tablespoon
t -- teaspoon

Cooking Time

1 minute

Weiners with Potatoes

1# weiners cut in 1 inch pieces. Put in cooker.
Slice 6 medium size potatoes and put in cooker.
Add 1/2 cup milk or tomato sauce.
Season to taste.
Cook at 10# pressure for 1 minute.
Cool gradually.

1 minute

Suki Yaki ala Southern Arizona

1# round steak cut into paper thin strips.
1 large onion sliced.
1-1/2 cup celery cut in 1/2 in pieces.
Put into cooker 2 T. oil, 1 T. sugar, 2 T. soy sauce and the beef strips to brown.
Add celery and cook 1 minute at 10# pressure.
Cool quickly.
Good recipe for left over meat. Serve over rice or noodles or crushed potato chips.

Cooking Time

20 minutes

Short Ribs with Brown Rice

3# lean short ribs
2 t. salt and pepper to taste
3 T. flour
3 T. fat
6 small onions sliced
1/2 green pepper cubed
1 cup brown rice
few grains oregano
rosemary
1 small can tomato sauce
1 cup water

Combine flour, salt and pepper. Dredge ribs in flour mixture. Heat cooker. Add fat. Brown meat well. Add onions, pepper and rice and brown slightly. Add seasoning, tomato sauce and water. Place cover on cooker. Allow steam to flow to release air from cooker. Place indicator weight at 10# pressure and cook 20 minutes. Cool slowly. Chopped meat may be substituted for ribs. Cook 10 minutes at 10# pressure.

Pinto Beans

Pinto beans require 30 minutes for whole process (at sea level). This allows for slow rise and fall of pressure which is important in cooking beans. Thus cooked, they do not break as they would if pressure were raised and lowered fast. Take two precautions to keep beans within bounds and to prevent clogging the cooker vent tube.

1. Add a little fat (salt pork, bacon drippings, etc.)
2. Fill the cooker no more than 1/3 full, including water.

10 minutes

Place 2 cups pinto beans, 2 T. fat, 2 t. salt in 6 cups of water. Bring to a boil and boil for 2 minutes. Remove from fire and soak for one hour. Cook in pressure sauce pan 10 minutes at 15# pressure. Cool slowly.

Vegetables

Vegetables cooked the correct amount of time in pressure pan are beautiful to see and delicious to eat. One vegetable does not take on the flavor of another vegetable when cooked in a pressure pan. It is convenient, however, for attractive service, to have the vegetables kept separate during cooking. One way of doing this is to place prepared vegetables with same cooking time in layers between sheets of cooking aluminum foil. Lay one sheet on the rack cover with one of the vegetables. Cover this layer with foil and add the other vegetable. Cover that layer and add the third vegetable.

When the vegetables have been cooked the exact amount of time, remove from fire, cool rapidly and open pan. It is a simple matter to remove either one layer at a time or all of them by taking hold of the bottom sheet of foil.

Cooking Time

2 minutes

Vegetable Plate

For a two minutes vegetable plate select vegetables in season which will create an attractive color combination and yet require 2 minutes to cook. To combine vegetables which vary from 1/2 to 1 minute in cooking time, make the pieces smaller so that they will be finished cooking at the same time. For example: carrots take longer to cook than broccoli. When carrots are grated or slivered they require about the same time as broccoli. A white vegetable like turnips or parsnips sliced make it attractive both in form and color to serve with broccoli and carrots.

Another attractive 2 minute combination is flowerettes of cauliflower, peas and thinly sliced carrots.

3 minutes

Green beans cut French style, carrots cut in quarters and onions sliced,

You can have fun trying out your own favorite combinations.

Desserts

(2 minutes - cool slowly)
(5 minutes - cool at once)

Cooking Time

2 minutes OR
5 minutes

Custard

2 large or 3 small eggs
2 T. sugar
1/8 t. salt
1/3 t. vanilla or lemon extract
1 C. heated milk
1/2 C. hot water

Beat eggs, sugar and salt together until well mixed. Add milk and flavoring. Pour into custard cups or casserole. Cover with lid, waxed paper or foil. Place casserole on rack and add hot water. Seal and cook at 15# pressure for 2 minutes. Let pressure return to zero slowly. Or cook for 5 minutes at 15# pressure and cool at once. Open lid and remove custard. Sprinkle with nutmeg if desired.

Steamed Cherry Pudding

3 T. shortening	1 cup flour
1/3 cup sugar	1/4 t. salt
1 egg	1 T. baking powder
1/4 t. vanilla	6 T. milk
1 cup sour cherries	

Cream together shortening and sugar. Add egg and beat well. Stir in vanilla and cherries. Sift together flour, salt and baking powder. Add alternately with milk, stirring after each addition only enough to blend thoroughly. Pour into 1-1/2 quart mold. Cover. Pour 2 cups of water into cooker. Place pudding mold on rack. Cover cooker. Follow directions given in your book at this point. Cook at 10# pressure for 40 minutes. Cool slowly.

Sauce

1 T. cornstarch
1/3 cup sugar
1 cup sour cherry juice
2 t. lemon juice

Combine cornstarch and sugar in sauce pan. Stir in cherry juice. Place over slow heat and cook until clear. Stir constantly. Remove from heat and add lemon juice. Serve hot.

Triple "Safety" in Pressure Cooking

Accidents occurring from the use of pressure cookers have all fallen into one of three general classifications:

1. A gradual increase in pressure.
2. Opening cooker before pressure has been reduced to zero.
3. Allowing cooker to go dry.

The most obvious reason for accidents is that the pressure inside the cooker increases until an explosion results.

SAFEGUARD - Valve or blow out plugs are part of all good pressure pans.

Valve opening should be kept free of food.

Plugs are either rubber or soft metal.

Rubber plug blows out and releases steam.

Soft metal plugs melt.

This type of accident happens because you think the pressure has gone down to zero and you try to force open the lid. A pressure gauge on the lid could prevent such accidents. This is the same as holding a bomb and setting it off in your hand.

Answering the door or phone, starting another job or having too much fire will cause cooker to go dry. Use a timer that makes a noise to remind you.

FOOD SELECTION AND PREPARATION (continued)

Making Yeast Bread

There are homemakers who have never experienced the joy of making homemade bread. Twelve ranch women decided to change this experience and requested two meetings where yeast bread and rolls dominated their attention. On the scheduled day for the first demonstration, there was rain and snow. In spite of the weather, there were present 12 women and 2 men. Young husbands were glad to baby sit while the young mothers attended this meeting. Nothing puts on the stamp of approval better than having the men of the households declare they are in favor of what the women participate in. They like home-made bread.

For illustrative material, the agent had with her fancy rolls and 2 small loaves of French bread. At least the homemakers could see what we were planning on doing before hand. Rain and snow are not always conducive to good extension meetings where ranchers are far apart and arroyos are barriers during bad weather.

These homemakers did not lack cheer. We started out with 100% whole wheat bread. The agent demonstrated the making of whole wheat bread because it has certain characteristics which must be recognized or else the results are not acceptable. The dough is stickier. Whole wheat does not proof as high, but does proof faster, etc. While the demonstration was in progress, we reviewed our knowledge of bread and its place in our food pattern. We also reviewed methods. There were several "old timers" present who had made bread with a starter or with the dry yeast (magic). We discussed kneading, handling, resting and other factors that make bread good or better.

While the whole wheat bread was proofing the women worked in teams. Each team prepared a recipe. We made enriched white bread, basic batter dough, basic sweet rolls and "pizza". We timed the recipes so that they followed each other in rapid succession. The oven was adequate and accurate. The basic batter dough which requires only an hour or so was ready in time for our late lunch.

The homemakers really enjoyed learning how to shape fancy rolls and a coffee cake. It was a new experience for all of them which is unusual with a group of 12 women.

The younger women learned to knead and learned how to do it and when to stop kneading.

FOOD SELECTION AND PREPARATION (continued)

Making Yeast Bread (continued)

Homemade bread, rolls and coffee cake have become part of the family food pattern in more than 22 families in the Patagonia and Santa Cruz Valley homes. The "pizza pie" changed to suit the appetites of families is popular also. One of the favorite recipes of pizza pie is to spread over the many times proofed dough spaghetti sauce, cooked chopped meat and grated cheese. It can be the main dish for lunch or dinner. Fancy coffee cakes are also popular.

Homemakers began to realize that bread making need not be an all day job but can be dovetailed into the general program of a typical day at home. It is difficult to indicate exactly how much bread is made at home but on an average the homemakers make bread of some kind once per week. The freezer is used to store the bread.